

If you can do something about a problem, do it; if it is impossible, worry is useless. ~ Dalai Lama

Hi everyone,

Finally, the weather is breaking and it is time to detox. I thought of a fun way we could do this together and invite you to join me in the 10-Day Jumpstart below. I love trying new meals, especially when someone else prepares them. Then we can celebrate with the Healthy Energy Cookies after we finish!



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Balance - Is It A Myth?

Balance is a sticky subject among many people. We have careers, partners, children, family commitments, charity work, classes, hobbies, worship time – plus, big desires to improve our health. How can one possibly balance so many things?

I would offer that “Harmony” is an easier goal than balance. Harmony means everything is co-existing in a spirit of cooperation. But whatever you want to call it – harmony, balance, or “fitting it all in” – there is a secret to doing more of what you want and less of what you don’t want. Although the equation sounds simple, it actually takes commitment to execute. It also requires that you get absolutely clear on what you want your life to look like, and what you do not want in your life.

Ready? Okay, here’s the secret:

- First ask yourself what isn’t serving you. What doesn’t need to be in your life? What is dragging you down? Keeping you awake at night?
- Have you identified a few things? Now get rid of them (or resolve them - now).
- Next, ask yourself what you want in your life – What do you want to accomplish? What do you want to do? Who do you want to be with? Focus your energy on these things. Anything that doesn’t fit into this larger scheme... let it go (or learn how to say “no”).

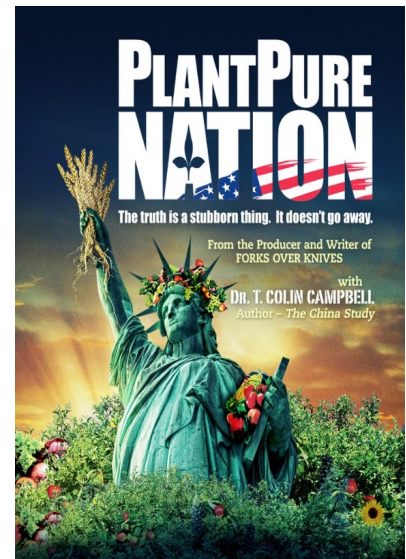
Ready to dive in and make a few changes? Give these tips a try and see how much more harmonious your life can be. No balance required.

10-Day Jumpstart

I am excited to invite you to take advantage of an offer by PlantPure Nation to participate in Jumpstart. Jumpstart is a 10-Day program designed around whole food plant-based eating. If you are interested, together, we will order daily lunch and dinner entrees, which will be shipped directly to your home. In addition, we can have short calls to discuss breakfast and snack ideas, our experience and results, depending on the desires of the group.

The meals were part of the Jumpstart program seen in the hit documentary film PlantPure Nation. Portions are generous, at 16-18 ounces, and cost only \$6.89 each (\$138 for 20 meals over the 10 day Jumpstart!). They are flash frozen to preserve flavor and freshness, whole-food and plant-based, low in added salt and sweeteners, and have no added oil. The ten meals include African Stew, Asian Stewed Tofu, Bourbon Vegetables, Creole Beans and Rice, Japanese Vegetable Curry, Kale Peanut Bowl with Couscous, Sesame Noodles, Spaghetti and Veggie Balls, Thai Drunken Veggies, and New England Chowder. Check out www.plantpurefoods.com, under the Jumpstart Resources in the menu bar, for more information.

Please email me if you are interested in participating in this Jumpstart and I will send you more information. We are targeting March 28th - April 6th to do this together, including a kickoff meeting/call. Join us for some fun with healthy eating, and lose weight and feel better!



Healthy Energy Cookies - fun to make and share and a great snack for kids

- $\frac{3}{4}$ cup whole wheat flour or ground oat flour
- $\frac{1}{2}$ t baking powder
- $\frac{1}{2}$ cup sunflower seeds
- $\frac{1}{4}$ cup pumpkin seeds
- $\frac{1}{4}$ cup raisins
- 3 T chocolate chips
- 1 t cinnamon
- $\frac{1}{4}$ t salt
- 2 T ground flax
- $\frac{1}{4}$ cup maple syrup or agave
- 1.5 T molasses
- 1 t vanilla

Blend all ingredients together and then drop in small balls and bake at 350 degrees for 12 - 14 minutes.

Get Even Healthier!

Are you curious about how to harmonize your health goals? How to fit wellness into your busy schedule? Let's talk! Schedule an initial complimentary consultation with me today – or pass this offer on to someone you care about!

About Me

I received my training from the [Institute for Integrative Nutrition](#), the only school that integrates over 100 of the latest nutrition theories with coaching and business skills. I will help you shift your behavior to develop lifelong healthy habits and a deep understanding of your bio-individual needs. We'll work together to create lasting changes to your health, energy, and well-being.